A Message from the Editor

With this issue of *Public Health Reports* (*PHR*), spring has arrived for those of us living in the Northern Hemisphere. And with the change of seasons comes the excitement to get outdoors and move. To help us think of creative ways to get active, the President's Council on Fitness, Sports, and Nutrition sponsors May as National Physical Fitness and Sports Month. To get fit and stay healthy, adults should aim for at least 2.5 hours of moderate activity a week, including walking fast, dancing, or biking, as well as muscle-strengthening activities at least two days a week. Children should strive for 60 minutes of active play each day.

During May, health-promoting days are plentiful. Officially launched in 1956, National Bike Month and National Bike Safety Month raise awareness about the benefits of cycling and how to ensure safety when traveling by bike. For Bike to School Day on May 8, have your children bike to school to encourage physical activity and education at a young age. For Bike to Work Day on May 17, dust off your two-wheeler and commute to work by bike. Many cities now have designated bike lanes to promote riding rather than driving to work. But don't forget to wear a helmet and make sure your kids wear helmets, too.

May 9 is Occupational Safety and Health Professional Day, which recognizes the efforts and commitment of occupational safety, health, and environmental professionals. It is also part of a broader celebration, North American Occupational Safety and Health Week, which is celebrated the first full week in May. During this week, efforts will be made to better educate the public about the positive benefits of a safe workplace for workers, their families, friends, businesses, and local community.

Today, there is increasing evidence that the work environment and the overall health, safety, and well-being of the workers within it are strongly connected. Sedentary jobs can lead to chronic diseases such as heart disease, obesity, and diabetes. An increase in contingent work can also lead to stress, mental health issues, and psychosocial diseases. As a result, the National Institute for Occupational Safety and Health (NIOSH) has launched a strategy, called Total Worker Health™, which attempts to recognize the synergies between occupational health and personal health to maintain a healthier workforce.

In this issue of *PHR*, the *Executive Perspective* column, by Margaret Kitt and John Howard of NIOSH, takes a look at occupational safety and health in our changing workplace. Today's workforce is older and more diverse than ever before, and more workers suffer from chronic conditions and disabilities. As such, leaders at worksites should consider programs such as Total Worker Health $^{\text{\tiny M}}$ that foster safety and health promotion strategies.

Always set for the last Wednesday in May, National Senior Health & Fitness Day® is the nation's largest annual health promotion event for older adults. It's important to build health into every aspect of our day, at every stage of life. On May 29, activities for older adults will take place at more than 1,000 locations throughout the U.S. Local organizations will host a variety of health-and fitness-related activities based on the interests of the older adults in their communities. Event activities include fitness walks, low-impact exercises, health screenings, and health information workshops.

Mary Beth Bigley, DrPH, MSN, ANP



IN MEMORIAM

We are deeply saddened by the sudden loss on March 5 of an important member of the *PHR* family. Jo Ellen Russ, 43, who has been a scientific editor with *PHR* for more than five years, contributed her writing and editing expertise to fine-tune authors' manuscripts prior to publishing. A member of the Editorial Board, who worked with Jo Ellen on a *PHR* special issue, described her as "always so full of cheer, goodwill, and everlasting energy." Her obituary provides this touching summary:

"Her straightforward style, her ability to spin stories, her unwavering loyalty to family and friends, and her chocolate chip cookies (the only authentic replication of her grandmother's recipe) will be as deeply missed as her long hugs and quick smile."

Jo Ellen is survived by her husband, Jeff; her two children, Julianna and Zachary; a large extended family; and numerous friends and colleagues who feel fortunate to have known her. Her extraordinary talent and caring nature will be missed by all.